

# GOLDEN GAZETTE

A Monthly Newspaper for Senior Adults in the Fairfax Area

AUGUST 2006

*Serving Seniors for 30 Years*

VOL. 30, NO. 4

## Medicare Consumer Alert

The Centers for Medicare and Medicaid Services (CMS) have issued a warning to Medicare beneficiaries to be aware of telephone scams involving the new Medicare drug benefit.

The "\$299 Ring" scheme to defraud seniors and people with disabilities has changed into a higher priced scam involving in some cases a new Medicare card, instead of a prescription drug plan.

CMS said the dollar amount now requested by phone callers is usually \$379, but cases have also occurred where the callers asked for \$350 or \$365. Medicare already has referred nearly 250 cases involving attempts to steal beneficiaries' funds to federal law enforcement officials.

"By getting the message out to Medicare beneficiaries about how they can avoid scams, we've seen the number of incidents go down," said CMS Administrator Mark B. McClellan, M.D., Ph.D. "To protect all people with Medicare from being victimized, we are taking further steps to prevent, identify, and help law enforcement officials apprehend these scam artists. And, if you think you may be a victim, call 1-877-7SAFERX (1-877-772-3379)."

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This is an abridged version with links to senior centers and county tours. Policy prohibits publishing the ads that are included in the print version.

If you would like to receive the print version on a monthly basis, please e-mail [kathy.wilson@fairfaxcounty.gov](mailto:kathy.wilson@fairfaxcounty.gov). It's free! Large-print and recorded formats also are available.

## Fairfax County Residents

### No Longer Need Vehicle Decals

*Clifton, Herndon and Vienna Residents*

*Still Need Town Decals*

Fairfax County residents are no longer required to purchase a \$25 vehicle decal and display it on their windshields. The Board of Supervisors repealed the related article in the Code of the County of Fairfax, effective July 1, 2006. Residents may remove the old green decal from last year.

Residents of the towns of Clifton (corporate limits only), Herndon, and Vienna, however, are still required to purchase town decals and must still file and pay personal property taxes to the county.

County residents with vehicles properly registered with the Virginia Department of Motor Vehicles (DMV) with a "garage jurisdiction" of Fairfax County are not subject to ticketing for the nondisplay of a local decal. Residents should ensure that their address with DMV is correct; otherwise they may encounter tax and ticket problems.

New residents and those registering a vehicle for the first time must file a personal property declaration form with the Fairfax County Department of Tax Administration (DTA) within 60 days after purchase or entry into the county. Vehicles may be registered online at [www.fairfaxcounty.gov/dta](http://www.fairfaxcounty.gov/dta). Failure to properly register vehicles on time will result in late filing penalties.

For more information, call **703-222-8234**, TTY 703-222-7594.

**No Commission on Aging Meeting This Month.** See page 2 for information.



# GOLDEN GAZETTE

*Published by the*

**COUNTY OF FAIRFAX, VIRGINIA**

*Department of Family Services*

**FAIRFAX AREA AGENCY ON AGING**

**12011 Government Center Parkway**

**Suite #708**

**Fairfax, VA 22035-1104**

**Telephone: 703-324-5411**

**Toll-Free: 1-866-503-0217**

**TTY: 703-449-1186**

**FAX: 703-449-8689**

**Web Site: [www.fairfaxcounty.gov/aaa](http://www.fairfaxcounty.gov/aaa). The Golden Gazette is online.**

The *Golden Gazette* is a free, monthly newspaper dedicated to serving persons age 60 and over in Fairfax County and the cities of Fairfax and Falls Church.

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**Publication of advertising contained herein does not constitute endorsement.**



To comply with the Americans With Disabilities Act, the *Golden Gazette* is available in large-print and recorded formats. Call **703-324-5633** to request an alternative format.

## DEADLINES

***ALWAYS the first of the month a month in advance (for ads, ad payments, and announcements).***

**The next deadline is August 1 for the September issue.**

## ADDRESS ADDITIONS/CORRECTIONS AND CONTRIBUTIONS

Although the *Golden Gazette* accepts limited paid advertisements, reader contributions are critical to ensure continuation of the publication. We are very grateful to all of you who do send contributions, regardless of the amount (the average contribution is about \$7.00). **Please note that contributions are entirely voluntary.**

If you have an address change, are receiving duplicates, or if you would like to make a contribution, please complete the form below and mail to: ***Golden Gazette, Area Agency on Aging, 12011 Government Center Parkway, Suite 708, Fairfax, VA 22035-1104.*** Checks should be made payable to **Fairfax County**. Please list your current address below or attach your mailing label and check the appropriate lines. If you prefer to call about address changes, the number is **703-324-5633**.

\_\_\_\_ Contribution check attached.  
 \_\_\_\_ I am NOT currently on your mailing list. Please add my name and address.  
 \_\_\_\_ I am already on your mailing list.  
 \_\_\_\_ I am moving. My new address in the Fairfax area will be:  
 NAME \_\_\_\_\_  
 CURRENT ADDRESS \_\_\_\_\_ Zip: \_\_\_\_\_  
 NEW ADDRESS (if applicable) \_\_\_\_\_ Zip: \_\_\_\_\_  
 TELEPHONE (in case we have a question) \_\_\_\_\_

The names and addresses of persons receiving the *Golden Gazette* are subject to disclosure pursuant to the Virginia Freedom of Information Act, VA Code Sec. 2.1-340 thru 346.1. Inquiries or complaints concerning this policy should be directed to the Fairfax Area Agency on Aging, 12011 Government Center Parkway, #708, Fairfax, VA 22035-1104.

The Fairfax Area Agency on Aging contracts with Southern Maryland Printing in Waldorf, MD, for printing and mailing services.

## Commission on Aging Will Not Meet This Month

The Fairfax Area Commission on Aging (COA) **will not meet in August**. The next meeting will be on Wednesday, September 20, 1:00 p.m., at Supervisor Bulova's office, Braddock Hall (adjacent to the Kings Park Library, 9002 Burke Lake Road, Burke). A public comment period is held at the beginning of each meeting. (Note: *The COA meets on the third Wednesday of each month, except August.*)

Call **703-324-7746** for information or to be placed on the mailing list. If you need special accommodations, please call the Fairfax Area Agency on Aging at **703-324-5411** (voice) or **703-449-1186** (TTY) at least five working days in advance of the meeting. There is no charge for these services.

# Safety Tips for Flash Flooding

Even though the heavy rains and flooding that occurred in this area in June are over, here are some tips to remember the next time there is a flash flood warning in your area:

- ♦ Listen to the radio or television for information. You may receive updated information about road closings and weather by dialing 511 on any telephone within Virginia, or on the Web at [www.511Virginia.org](http://www.511Virginia.org).

- ♦ If there is any possibility of a flash flood, move immediately to higher ground. Do not wait for instructions to move.

- ♦ If you must prepare to evacuate, you should do the following:

1. Secure your home. If you have time, bring in outdoor furniture. Move essential items to an upper floor.

2. Turn off utilities at the main switches or valves if instructed. Disconnect electrical appliances. Do not touch electrical equipment if you are wet or standing in water.

- ♦ If you have to leave your home, remember these evacuation tips:

1. Do not walk through moving water. Six inches of moving water can make you fall.

2. If you have to walk in water, walk where the water is not moving. Use a stick to check the firmness of the ground in front of you.

- ♦ Motorists are urged to avoid traveling at night, and, if you must drive, to observe the following precautions:

1. Never drive through water flowing across a road. It takes only six inches of water to float a small vehicle. Two feet of rushing water can carry away most vehicles including sport utility vehicles and pickups.

2. Never drive around barricades. Remember, the road has been closed for your safety.

3. Slow down when driving through standing water. Driving too fast through water could cause loss of control due to hydroplaning.

4. Avoid flood-prone areas, especially along creeks and other low-lying areas.

5. If a flash flood warning is broadcast, seek high ground immediately

6. Watch for debris on the roadway. If you encounter a downed power line, do not come in contact with it or try to move the line.

For more tips and information about emergencies, visit [www.fairfaxcounty.gov/emergency](http://www.fairfaxcounty.gov/emergency). During or after an emergency situation, visit [www.fairfaxcounty.gov](http://www.fairfaxcounty.gov) or call **703-817-7771**, TTY 711.

*Additional Source: Virginia Department of Transportation.*

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## Delinquent Car Tax Bills Should Be Paid Immediately

### *Changes to State Program Will Mean Higher Fees*

Residents who are delinquent on their car tax bills are encouraged to pay those bills sooner rather than later. Currently, vehicle owners pay taxes on only 30% of the car value on qualifying vehicles. However, due to changes in the Virginia car tax program, effective September 1—or sooner if state funding runs out—delinquent taxpayers will be required to pay 100% of the full car tax on any outstanding balances for prior year taxes.

The Personal Property Tax Relief Act of 1998 provides tax relief on personal property tax on the first \$20,000 of value for qualifying vehicles. The relief can be applied to any passenger car, motorcycle, pickup or panel truck having a registered gross weight of less than 7,501 pounds. The vehicle must be owned or leased by an individual and not used for business purposes.

While car tax reimbursements are still funded in the future, this is no longer true for delinquent tax years 2005 and prior. If residents do not pay outstanding taxes immediately, they may pay significantly more once the state funding expires.

To pay online or for more information, visit [www.fairfaxcounty.gov/dta](http://www.fairfaxcounty.gov/dta). For questions over the phone, call the Fairfax County Department of Tax Administration at **703-222-8234**, TTY 703-222-7594.

# 2006 TAX CHANGES

*Provided by Tim Murray, Certified Financial Planner™ Professional*

The Internal Revenue Code is not ordinarily thought of as a gift that keeps on giving, but, the 2006 tax changes contain several sections that provide for keeping more of what you will be earning and saving more for your retirement—on a tax-sheltered basis—out of what you keep.

Therefore, as you make spending and saving plans for 2006, it should be helpful to note some of the significant federal income tax changes that became effective on New Year's Day, such as:

**Tax Rates:** For married couples filing jointly and surviving spouses, for example, the 25% marginal tax rate begins to apply to those with taxable income of \$61,301 to \$123,700, instead of \$59,401 to \$119,950, after adjustment for inflation. For single taxpayers, the 25% bracket has increased to taxable income of \$30,651 to \$74,200, from \$29,701 to \$71,950. Similar changes have been made for lower and higher tax brackets, for married individuals filing separately, heads of household, and trusts and estates. (See IRS Form 1040 booklet and the Internal Revenue Service's Web site, <http://www.irs.gov>.)

**Social Security and Medicare:** The Social Security tax rates for employers and employees remain at 6.2%, but the maximum amount of salaries and wages subject to the tax has increased from \$90,000 to \$94,200. The maximum earnings allowed for beneficiaries under full retirement age have increased from \$12,000 to \$12,480 annually.

The additional Medicare hospital tax on both employers and employees of 1.45% also is unchanged, but monthly Medicare Part B premiums have increased from \$78.20 to \$88.50.

**Standard Deduction:** The standard deduction for married taxpayers who do not itemize deductions and who file jointly, as well as for qualifying widows and widowers, has increased from \$10,000 to \$10,300; for single

taxpayers and married taxpayers filing separately from \$5,000 to \$5,150; and for heads of household from \$7,300 to \$7,550.

**Deductions for Use of Car:** Standard rates per mile of deductions for use of a car for business purposes have increased from 40.5 cents to 44.5 cents in 2005's first eight months and to 48.5 in the last four months, and for medical or moving purposes, from 15 and 22 cents, respectively, to 18 cents. The rate for use of a car for charitable purposes was held at 14 cents per mile, except for taxpayers using a vehicle only in connection with aid to Hurricane Katrina victims, whose deduction is 70% of the business mileage rate in effect on the date of the contribution.

**Long-Term Care Insurance Deductions:** Limits on annual deductions for premiums for eligible long-term care insurance policies were raised across the board—for those over 70, from \$3,400 to \$3,530; for those 61 to 70, from \$2,720 to \$2,830, and for younger taxpayers, significantly less.

**Exemptions:** The amount that may be deducted for each exemption has increased from \$3,200 to \$3,300, as did the levels of adjusted gross income at which exemptions begin phasing out, from \$218,950 to \$225,750.

**Retirement Plan Contributions:** Just when slippage in average annual returns on stock and bond investments underscores the importance of having more money at work for a retirement nest egg, the annual limit on contributions to IRS-qualified retirement plans has gone up again, making it easier.

Under salary reduction agreements permitting deferral of income taxes for contributions to 401(k)s, 403(b)s, SAR-SEPs, and the Thrift Savings Plan for federal employees (456(b)s), participants may now contribute \$15,000 instead of \$14,000, some or all of which may be matched by employers. The limit on additional "catch-up" contributions to 401(k), 403(b) and 457(b) plans by individuals of 50 or older was raised from \$4,000 to \$5,000, with a

*Cont. p. 5*



## 2006 Tax Changes *Cont. From p. 4*

resulting higher limit on total contributions of \$20,000. The 2006 limit on contributions to traditional and Roth IRAs is \$4,000, the same as 2005; but for those 50 and older, the contribution limit is \$5,000, up from \$4,500 in 2005.

**Gift Tax:** The annual exclusion from gift tax has increased from \$11,000 to \$12,000 per person.

**Estate Tax:** The exclusion from federal estate tax of estates' market values was raised from \$1.5 million for people dying in 2005 to \$2 million for people dying in 2006, and the maximum tax rate for taxable estates was reduced from 47% to 46%.

Source: This column is produced by the Financial Planning Association, the membership organization for the financial planning community, and is provided by: **Tim Murray, CFP®**, an independent CERTIFIED FINANCIAL PLANNER™ Professional with Murray Financial, Inc. in Chantilly, VA., an independent financial planning firm providing fee-based (i.e., commission-free) investment advice. Tim offers a complimentary initial consultation by phone and follow-up consultations on an hourly basis. He may be reached by phone at 703-810-8424, via the web at [www.MurrayFinancial.com](http://www.MurrayFinancial.com) or by e-mail at: [TimMurray@MurrayFinancial.com](mailto:TimMurray@MurrayFinancial.com).

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## James Lee Senior Center Silver Stars Bring Home the Gold



In May 2006, this team won a gold medal in 3-on-3 basketball in the Senior Olympics in Virginia Beach. *Pictured left to right:* **Greg Williams**, Senior Center staff; **Ginny Fant**, Basketball, Gold; **Rusty Dowling**, Basketball, Gold; **Bernie Kleinschmidt** (Captain), Basketball, Gold, Archery, Gold, Singles Shuffleboard, Silver, Doubles Shuffleboard, Gold; **Mary Boska**, Basketball, Gold, 1500-meter Racewalk, Gold, Singles Shuffleboard, Gold, Doubles Shuffleboard, Gold, Pickleball, Bronze; **Josephine Stewart**, Basketball, Gold, Track & Field, Gold in 50-, 100-, and 200-meter events. **Bill Dunn**, Senior Center director.

# Have You Checked Your Credit Reports Yet?

Everyone should check their credit report once a year. It's a credit healthy thing to do—and now it's free. Creditors determine whether to give you credit or a loan—and how much you will pay—based on information in your credit history. The national credit bureaus (now called consumer reporting companies) collect information from your creditors about how many credit cards and loans you have and how many accounts are late, overdue, or in collection. They sell information in your file to creditors who determine if you get a loan and how much interest you'll pay on a credit card. This information about how much credit you have and how you pay your bills can even be used to decide if you get a job, new cell phone service, an apartment lease, or car insurance.

Even if you think your credit history is good, you still should get a copy of your report. You might find anything from old accounts to errors to outright identity theft. You shouldn't be the last to know what's in your file. That's especially true now that you can get free copies of your credit reports from the three major consumer reporting companies (Equifax, Experian, and TransUnion).

## How to Order

There are three ways to order your free reports:

- ★ Call **1-877-322-8228**.
- ★ Visit [www.annualcreditreport.com](http://www.annualcreditreport.com).
- ★ Mail a request form to Annual Credit Report Request Service, PO Box 105281, Atlanta, GA 30348-5281.

## Important Advice

- ♦ Only order from this official source. Legitimate consumer reporting companies will not call you or send an e-mail asking for personal information.
- ♦ Don't open e-mails or click on pop-ups that offer a free credit report.
- ♦ Don't contact the consumer reporting companies directly for this free annual report.

## How do I correct a mistake on my file?

If you find something wrong in your file, you need to tell the consumer reporting company

what information is inaccurate. It is best to do this in writing. AARP recommends you use certified mail so you can prove you sent the dispute. If you have documents that support your claim, send copies—not the originals. The company has to investigate your claim and report back to you. You also will get another free credit report if your claim changes your file. You should also write to the creditor that provided the information to the consumer reporting company that you are disputing information it gave.

Here are the addresses and phone numbers for disputes.

### **Equifax**

P.O. Box 740256, Atlanta, GA 30374  
1-800-797-7033 (9:00 a.m.-5:00 p.m.)

### **Experian**

NCAC  
P.O. Box 9595, Allen, TX 75013  
1-800-583-4080 (9:00 a.m.-5:00 p.m.)

### **TransUnion**

P.O. Box 200, Chester, PA 19022-2000  
1-800-916-8800 (8:30 a.m.-4:30 p.m.)

## **AARP Resources**

**Credit Scores: Before You Borrow.** Credit scores are not free, but you should know your score.

## **Additional Resources:**

**Your Access to Free Credit Reports.** The Federal Trade Commission has answers to your questions about accessing your free annual report. [www.ftc.gov](http://www.ftc.gov).

**Mail-in Form for Free Report.** The form is in AARP's free brochure, "Healthy Credit" (D18111). Call 1-888-OUR-AARP to order your free copy.  
*Source: AARP online at [www.aarp.org](http://www.aarp.org).*

**TO ADD, CORRECT, OR DELETE  
YOUR NAME  
FROM OUR MAILING LIST,  
CALL 703-324-5633.**

# SENIOR CENTER HIGHLIGHTS



These programs are administered by the Department of Community & Recreation Services, with the exceptions of the City of Fairfax and the City of Falls Church senior centers and the Gum Springs Community Center. If participation accommodations are needed in accordance with the Americans With Disabilities Act, please call 703-324-5544 or TTY 703-222-9693 at least 10 working days in advance of the event. **All events are free unless otherwise noted.** *The symbol RR means reservations are required.* **These are just a few of the activities offered. Call the center nearest you for a complete listing or if you have questions.**

**Bailey's**  
**Bailey's Community Center**  
**5920 Summers Lane**  
**Bailey's Crossroads, VA 22041**  
**Phone: 703-820-2131**

Wed. 8/2 12:45 p.m., Homeland Security Presents *We Care Awareness.*  
 Thur. 8/3 10:00 a.m., Senior/Teen Dance at Marshall High School.  
 Wed. 8/16 11:45 a.m., Nutritionist Visit.  
 Fri. 8/18 1:00 p.m., Ice Cream Social.  
 Mon. 8/21 12:45 p.m., CVS Discussion: *Cholesterol.*  
 Fri. 8/25 12:30 p.m., August Birthday Party.

**City of Fairfax**  
**4401 Sideburn Road**  
**Fairfax, VA 22030**  
**Phone: 703-359-2487**

Wed. 8/2 11:00 a.m., Musical Performance by Dave Lovins. Lunch \$3.  
 Fri. 8/4 10:30 a.m., Discussion With Ellyn Kay From Fairfax County Consumer Protection.  
 Wed. 8/9 11:30 a.m., Lunch at Sweet Life Cafe. \$6. (RR)  
 Thur. 8/10 10:00 a.m., Trip to Belair Mansion, Bowie, MD. \$12. (RR)  
 Wed. 8/16 9:00 a.m., Trip to Belle Grove, Middletown, VA. \$12. (RR)  
 Wed. 8/30 11:00 a.m., Birthday Celebration With Smart Alex Quartet. Lunch \$3.

**City of Falls Church**  
**223 Little Falls Street**  
**(Next to City Hall)**  
**Falls Church, VA 22046**  
**Phone: 703-248-5020/5021**  
**Blood pressure checks**  
**10:00-11:30 a.m.**  
**2<sup>nd</sup> and 4<sup>th</sup> Tuesdays**

Fri. 8/4 10:15 a.m.-1:00 p.m., Wegmans Grocery Store. (RR)  
 Fri. 8/11 10:15 a.m.-1:00 p.m., Bowling. (RR)  
 Mon. 8/14 12:30 p.m., Lunch Bunch to Anthony's. (RR)  
 Wed. 8/16 12:00 p.m., August Birthday Party.  
 Thur. 8/17 1:00 p.m., Beat the Heat Party (Ice Cream Social). (RR)  
 Fri. 8/25 10:30 a.m.-12:30 p.m., Armchair Travel: Italy.

## **Special Senior Trips for August:**

Lancaster, Pennsylvania, and Warrenton, Virginia. Call for Details.

**Franconia/Springfield**  
**6300 Beulah St.**  
**Alexandria, VA 22310**  
**Phone: 703-924-9762**

Fridays 10:30 a.m., Line Dancing With TJ. (RR)  
 Fridays 12:30 p.m., Bingo.  
 Thur. 8/3 10:00 a.m., Senior/Teen Dance at Marshall High School. (RR)  
 Mon. 8/7 12:30 p.m., Story Telling by Professor Smiles.  
 Thur. 8/10 10:30 a.m., Moose Lodge Party. (RR)

**Groveton at South County**  
**8350 Richmond Highway**  
**Ste. 325**  
**Alexandria, VA 22309**  
**Phone: 703-704-6216**

Wednesdays 10:30 a.m., Beginner's Bridge.  
 Wednesdays 2:30 p.m., Ballet & Stretch.  
 Thursdays 1:00 p.m., Conversational Spanish With Julia.  
 Fridays 10:15 a.m., Friday Morning Movie.  
 Fri. 8/18 12:30 p.m., Fire Safety.

# S E N I O R C E N T E R

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## **Gum Springs**

**Gum Springs Community Center**  
**8100 Fordson Road**  
**Alexandria, VA 22306**  
**Phone: 703-360-6088**

Mondays	10:00 a.m., Sewing and Quilting.
Tuesdays	10:30 a.m., Ceramics.
Wednesdays	10:30 a.m., Shopping/Bowling (Alexandria Bowling Center).
Thursdays	1:00 p.m., Bingo.
Fridays	10:00 a.m., Low-Impact Exercise.

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## **Herndon Senior Center**

**873 Grace Street**  
**Herndon, VA 20170**  
**Phone: 703-464-6200**

Tue. 8/1	10:00 a.m.-2:00 p.m., YMCA/Senior Intergenerational Event.
Wed. 8/9	1:00 p.m., Advisory Council Meeting. All Welcome.
Mon. 8/21	1:00 p.m., <i>How Taste Perceptions Change as We Age.</i>
Tue. 8/22	10:00 a.m., Travel Training Trip to DC. (RR)
Tue. 8/29	11:00 a.m., <i>Home Care Resources</i> by Area Agency on Aging.

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## **Hollin Hall**

**1500 Shenandoah Road**  
**Alexandria, VA 22308**  
**Phone: 703-765-4573**

Wednesdays	2:00 p.m., Billiards Plus.
Wednesdays	2:00 p.m., Latin and Ballroom Dancing With Red.
Fri. 8/4	10:15 a.m.-2:00 p.m., Trip to Masonic Temple. Lunch on Your Own at Joe Theisman's \$. (RR)
Mon. 8/14	10:00 a.m., History Club: <i>History of the Luftwaffe.</i>
Fri. 8/18	10:00 a.m., <i>West Side Story</i> Music With Marty Personick. (RR)
Fri. 8/18	1:00 p.m., Ice Cream Social/Grandkid Day. (RR)

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## **James Lee**

**James Lee Community Center**  
**2855 Annandale Road**  
**Falls Church, VA 22042**  
**Phone: 703-534-3387**

Mondays	9:15 a.m. and 10:15 a.m., Yoga I. (RR)
Mondays	10:30 a.m., Beginner's Line Dancing Class. (RR)
Mon.-Fri.	9:00 a.m.-12:00 p.m., Fitness Center.
Mon.-Fri.	10:00 a.m.-2:00 p.m., Rummikub Club.
Tuesdays	9:00 a.m.-12:00 p.m., Bridge.
Wednesdays	10:30 a.m., Independent Sewing Club.
Thursdays	10:30 a.m., Advanced Line Dancing. (RR)
Fridays	12:30 p.m., Ballroom Dancing Class.

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## **Lewinsville**

**1609 Great Falls Street**  
**McLean, VA 22101**  
**Phone: 703-442-9075**

Wed. 8/2	12:30 p.m., Ice Cream Social.
Mon. 8/7	11:15 a.m., CVS Discussion: <i>Cholesterol.</i>
Mon. 8/14	10:00 a.m.-2:00 p.m., Trip to Library of Congress.
Wed. 8/16	12:30 p.m., Elvis Memorial Day.
Thur. 8/17	10:00 a.m.-11:45 a.m., Glucose/Blood Pressure Check.
Thur. 8/31	12:30 p.m., August Birthday Party.

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## **Lincolnia**

**4710 North Chambliss St.**  
**Alexandria, VA 22312**  
**Phone: 703-914-0223**

Tuesdays	10:00 a.m., Square Dancing. New Members Welcome. No Partner Required. (Fee)
Thursdays	10:30 a.m., Modern Western Civilization Class. Taught by Ivy League Professor.
Tue. 8/8	10:30 a.m. Free Blood Pressure Checks (Walk in)
Tue. 8/22	10:30 a.m., CVS Discussion: <i>Cholesterol.</i> (RR)
Wed. 8/30	11:30 a.m., Hawaiian Luau Luncheon and Dance. Call for Details.

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# HIGHLIGHTS CONTINUED

## Little River Glen

**4001 Barker Court**

**Fairfax, VA 22032**

**Phone: 703-503-8703**

**Blood Pressure Checks**

**10 a.m., 2nd & 4th Fridays**

## Call First. Center Damaged by Flood. Programs Cancelled/Relocated.

Wed. 8/2 1:00 p.m., August Birthday Party. Music by David Lovins.  
 Thur. 8/3 1:00 p.m., Learn Canasta (four consecutive Thursdays).  
 Thur. 8/17 1:00 p.m., CVS Discusses *Cholesterol*.  
 Thur. 8/24 1:00 p.m., Talk by Cathy Cole of ElderLink.  
 Thur. 8/31 10:00 a.m.-1:45 p.m., Shopping Trip to Kingstowne.

## Lorton

**7722 Gunston Plaza**

**Lorton, VA 22079**

**Phone: 703-550-7195**

Tue. 8/1 10:00 a.m., Hartwood Winery Taste Testing Tour. Bring Your Own Lunch. \$4. (RR)  
 Wed. 8/2 12:30 p.m., *Medicaid/Medicare, Qualifying and Protecting Your Assets* by K. Cossa, Elderlaw Attorney.  
 {Thur. 8/3 9:00 a.m.-2:00 p.m., 2-Day AARP Driver Safety Program.  
 {Fri. 8/4 Must Attend Both Days. \$10. (RR)  
 Tue. 8/15 10:00 a.m., Buying a Digital Camera With Manny. \$5. Also on Tue., 8/22. (RR)  
 Fri. 8/18 10:00 a.m., Advisory Council Island Party: Wear Your Island Attire. (RR)

## Pimmit Hills

**7510 Lisle Avenue**

**Falls Church, VA 22043**

**Phone: 703-734-3338**

Thur. 8/3 10:30 a.m., Seniors/Teen Dance. \$1 Bus.  
 Mon. 8/7 10:30 a.m., Crochet Class.  
 1:00 p.m., Line Dancing Class.  
 Fri. 8/11 1:00 p.m., Line Dancing Class.  
 Mon. 8/14 9:30 a.m., Ceramics Class. \$. (RR)  
 Mon. 8/21 11:00 a.m., Asian Art Classes. (RR)

## Sully

**5690 Sully Road**

**Centreville, VA 20124**

**Phone: 703-322-4475/4479**

Thur. 8/3 10:00 a.m.-2:00 p.m., Senior/Teen Dance Party at Marshall High School.  
 Wed. 8/9 10:30 a.m., Jazzercise Lite With Jenn.  
 Thur. 8/10 10:00 a.m.-2:00 p.m., Moose Lodge Party.  
 Fri. 8/11 10:00 a.m.-2:00 p.m., Free Hearing Screening. (RR)  
 Tue. 8/22 12:30 p.m., Ice Cream Social. \$1.  
 Thur. 8/24 10:00 a.m.-2:00 p.m., Wegmans. Lunch on Your Own.

## Wakefield

**Audrey Moore RECenter**

**8100 Braddock Road**

**Annandale, VA 22003**

**Phone: 703-321-3000**

Thursdays 12:30 p.m., Beginner's Bridge.  
 Thursdays 12:30 p.m., Jazzercise Light With Peggy. \$5/8 Classes. (RR)  
 {Mon. 8/7 9:00 a.m.-2:00 p.m., 2-Day AARP Driving Safety Class.  
 {Tue. 8/8 Must Attend Both Days. \$10. (RR)  
 Wed. 8/9 12:00 p.m., Presentation: *How to Talk to Your Doctor*.  
 Thur. 8/10 10:30 a.m., Moose Lodge Party. (RR)  
 Mon. 8/14 10:00 a.m., Trip to Botanic Gardens, Washington, DC. \$1. (RR)  
 Mon. 8/28 10:00 a.m., Trip to Smithsonian National Museum of American History, Washington, DC. \$1. (RR)

## Additional Locations for Meals/Other Activities

### David R. Pinn Community Center

**10225 Zion Drive**

**Fairfax, VA 22032**

**Phone: 703-250-9181**

### Huntington Community Center

**5751 Liberty Drive**

**Alexandria, VA 22303**

**Phone: 703-960-1917**

## Medicare Scam Cont. From p. 1

The reported incidence of people with Medicare falling victim to these scams, by actually paying money, has decreased significantly.

As part of the new scams, callers are now asking for bank information or telling beneficiaries they can provide a new Medicare card for a fee. Similar to the reported “\$299 Ring,” callers asked Medicare beneficiaries for bank account numbers that the callers use to electronically withdraw the money. The new Medicare card or prescription drug plan they claim to be selling is not legitimate.

Callers may use the names of fictitious companies, such as Pharma Corp., National Medical Office, Medicare National Office, and National Medicare.

It is against Medicare’s rules to call a person with Medicare and ask for bank account or other personal information, or cash payment over the telephone. No beneficiary should ever provide that kind of information to someone who calls them. Such calls must be placed by the beneficiaries themselves or handled by a follow-up letter to which the beneficiary may choose to reply. If someone calls asking for personal information, or the call doesn’t seem right for some other reason, a beneficiary should hang up the phone and contact Medicare at 1-877-7SAFERX (1-877-772-3379) or his or her local law enforcement or consumer protection agency.

*Source: Department of Health and Human Services, Centers for Medicare & Medicaid Services. Press Release, June 16, 2006.*

### HEALTH INSURANCE QUESTIONS?

Call the Virginia Insurance Counseling & Assistance Program (VICAP) at

**703-324-5851.**

## Medicare Scam Precautions

Medicare beneficiaries can take steps to protect themselves by remembering:

- ♦ No one can come into your house uninvited.
- ♦ No one can ask you for personal information during their marketing activities.
- ♦ Always keep all personal information, such as your Medicare number safe, just as you would a credit card or a bank account number.
- ♦ Whenever you have a question or concern about any activity regarding Medicare, call **1-877-772-3379**.
- ♦ Legitimate Medicare drug plans will not ask for payment over the telephone or the Internet. They must send a bill to the beneficiary for the monthly premium.
- ♦ Beneficiaries can pay automatically by setting up a monthly withdrawal from their Social Security check. Beneficiaries also may pay by monthly check or set up an automatic withdrawal from a bank account, but beneficiaries must call their plan or respond to a mailed payment request from the plan to do this.

## Compete in the Senior Olympics

**September 16-28**

Seniors 50 years of age and over are eligible to enter the 2006 Northern Virginia Senior Olympics to be held September 16-28. Registration information is available at local senior centers, by calling **703-228-3600, Ext. 9996**, or online at [www.novaseniorolympics.com](http://www.novaseniorolympics.com). The registration deadline is September 1.

There are over 25 indoor and outdoor events. Each event is divided into age categories. Seniors may compete in more than one sport. Registration is \$10, which includes one event—additional events are \$1. There are additional charges for golf and bowling.

# How to Apply for Medicaid in Fairfax

By Evan H. Farr, CELA, CEA

Applications for Medicaid in Virginia are filed with the appropriate local office of the Department of Social Services or Department of Family Services in the city or county where the applicant lives. If the applicant is already living in a nursing home, then the application is submitted to the department in the city or county where the nursing home is located, regardless of where the applicant lived prior to entering the nursing home and regardless of whether the applicant lived in Virginia prior to entering the nursing home. *(A list of all local departments in Virginia may be found online at [www.dss.state.va.us/localagency](http://www.dss.state.va.us/localagency).)*

In Fairfax County, Medicaid applications are filed with the Fairfax County Department of Family Services by the regions listed below:

- ❖ Fairfax ..... 703-324-7500
- ❖ Falls Church ..... 703-533-5300
- ❖ Reston ..... 703-787-4900
- ❖ South County ..... 703-704-6353
- ❖ Long-Term Care ..... 703-324-7504

A Medicaid application must be filled out and signed by the applicant, the applicant's attorney, the applicant's agent under a durable power of attorney, or the applicant's legal guardian, conservator, or other authorized representative. A face-to-face interview is not required. Among other things, applicants for Medicaid are asked to:

- ♦ Provide Social Security numbers.
- ♦ Confirm Virginia residency.
- ♦ Verify U.S. citizenship and identity or provide documentation of alien status.
- ♦ Disclose and verify all income and assets.
- ♦ Disclose and verify all transfers of assets during the 60-month period prior to application.
- ♦ Submit income tax returns for the past 3 years.

- ♦ Submit all bills for medical services and nursing home care received in the past 3 months.

Once a completed application is received, it is assigned to an eligibility worker at the local department, who typically will make an initial review of the application and supporting documentation and send the applicant a checklist of additional required information and documentation. If the eligibility worker has questions that can not be easily answered by written documentation, a face-to-face meeting may be requested.

For each Medicaid application, the local department is required to issue a written determination as to whether the applicant is deemed eligible for Virginia's Medicaid Program within 45 days (90 days if a disability determination is needed) from the date the application was filed. If the applicant disagrees with the decision made by the local department, an appeal may be filed within 30 days.

*Source: Evan H. Farr, author of the **Virginia Nursing Home Survival Guide**, is a Certified Elder Law Attorney and Certified Estate Advisor with the Farr Law Firm in Fairfax, an Elder Law and Estate Planning firm dedicated to helping protect seniors and their families by preserving dignity, integrity and financial security. The Farr Law Firm helps clients with issues involving nursing homes, Medicaid, and long-term care, as well as trust and estate planning.*

## FREE HOME REPAIRS

Fairfax County's Home Repair for the Elderly Program provides free home repairs to homeowners who are 62 or older, and/or disabled; and have a maximum income of \$40,600 for 1 person, or \$46,400 for 2 persons.

### Typical services include:

- Minor electrical repair • Plumbing work • Painting
- Repairing steps, floors, etc. • Minor accessibility modifications

**Fairfax County Residents** - Apply now for **FREE REPAIRS**

Call **703-246-5154** TTY: **703-385-3578**



## Boating Safety Tips

The sun, water and wind can make for a great day to go cruising along a river, lake, or bay in a boat. For many individuals and families this is a favorite summer pastime. It can be safe, as well as fun, if the fundamental rules of boating are understood and observed.

The National Safety Council recommends the following tips for recreational boaters:

- Don't drink and boat. Boating while intoxicated is just as dangerous as drinking and driving. The "designated driver" system doesn't work in boating. Everyone is at risk because the boat's motion, coupled with alcohol, increases the chances of losing balance and falling overboard.
- Everyone on the boat should wear a Coast Guard approved personal flotation device (PFD) or life jacket. A PFD is the best protection against drowning.
- Check the weather and water conditions before leaving the shore. If it looks like storms are brewing or the water is very choppy, wait for another day to go boating.
- Limit the number of passengers in a small boat. Don't exceed the limit allowed by the boat's capacity plate. Keep in mind the size and weight of each person—equal distribution of weight will limit the possibility of capsizing.
- Have visual distress devices approved by the Coast Guard on board. Pyrotechnic red flares, orange smoke, orange distress flags, and electric distress lights must be in good working order and easily accessible.
- Use the "one-third rule" in fuel management. Use one-third of the fuel to go, one-third to get back, and keep one-third in reserve.
- Always tell someone where you will be boating, when you will be back, what your boat looks like, and other identifying information.

Recreational boating is second only to highway transportation in the number of fatalities that occur each year. Alcohol is involved in most of these accidents. To ensure that you are following safe boating procedures, sign up for a boating safety course.

For more information on boating or other safety issues, contact the Fairfax County Fire and Rescue Department, Public Information and Life Safety Education Section at **703-246-3801** or 703-355-4419 (TTY).

## SCHOOL BUS DRIVERS URGENTLY NEEDED *Paid Training!*



Fairfax County Public Schools are looking for retired individuals (no upper age limit) to be part-time, full-time or substitute drivers. If you like kids, your afternoons off, great benefits, and good pay, contact:

**Norm Gottlieb**, Recruitment Specialist

Telephone: **571-432-7808**

E-mail: **[norman.gottlieb@fcps.edu](mailto:norman.gottlieb@fcps.edu)**.

The Web site is:

**<http://www.driveforfairfax.com>**.

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## Sign Up for Senior Softball Fall-Ball!

Northern Virginia Senior Softball (NVSS) (average age 65) seeks men 50+ and women 40+ for Fall-Ball, a September-October slow-pitch 28-game season. There are two 7-inning games on Tuesday and Thursday mornings on Fairfax County fields beginning September 5.

For information, call Dave Scheele at **703-524-5576**.





## Tips for Conserving Energy

- Keep your thermostat at 78 degrees during the cooling season and 70 degrees during the heating season.
- Clean and replace filters often.
- Cover window air-conditioning units during the winter.
- Cover the openings of unused fireplaces.
- Open draperies and shades in sunny windows on cold days. Keep them closed at night to prevent heat from escaping.
- Use warm or cold water for washing clothes where you can and always use cold water to rinse.
- Run the dryer at night in the summer so its warmth isn't released during the heat of the day.
- Clean the lint screen after each load for quick drying.
- Take shorter showers and install water saving shower heads.
- Turn off the water faucet while shaving or brushing your teeth.
- Use long-life, lower wattage light bulbs.
- Change from incandescent to fluorescent lights when possible.
- Use the dishwasher only when full.
- If you need a new appliance, always shop for the most energy efficient.
- Vacuum the coils on your refrigerator at least every 3 months. Dirty coils make the refrigerator work harder to keep the contents cool and therefore uses more energy.
- Install storm or thermal windows and doors.
- Weather strip around all exterior doors and openings.
- Insulate hot water piping.
- Repair leaky faucets.
- Do not put lamps, televisions or other heat sources close to the air-conditioner thermostat as heat from these sources may cause the air-conditioner unit to run longer than it should.
- Make sure that furniture and other obstacles are not blocking ducts or fans. This will enable cooled air to circulate freely.
- Do your cooking, showering, clothes washing/drying and ironing in the morning or the evening when the temperatures are cooler.

Source: Virginia State Corporation Commission,  
Division of Energy Regulation.

## FREE SENIOR SWIM WEEK

**August 14-18**

The Northern Virginia Regional Park Authority (NVRPA) is sponsoring a free senior swim week at all five of its swimming pool complexes from Monday, August 14, to Friday, August 18, during regular pool hours. Call individual pool offices to confirm hours of operation. You must be age 60 or older (proof of age is required).

- ▶ **Bull Run Regional Park**, 7700 Bull Run Drive, Centreville. **703-631-0552.**
- ▶ **Downpour at Algonkian Regional Park**, 47001 Fairway Drive, Sterling. **703-430-7683.**
- ▶ **Great Waves Water Park at Cameron Run Regional Park**, 4001 Eisenhower Avenue, Alexandria. **703-960-0767.**
- ▶ **Pohick Bay Regional Park**, 6501 Pohick Bay Drive, Lorton (Mason Neck). **703-339-6104.**
- ▶ **Upton Hill Regional Park**, 6060 Wilson Boulevard, Arlington. **703-534-3437.**

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## Inova HealthSource Classes

### Men's Trim Down Class (New!)

A special class designed just for men and their specific weight loss challenges. This session will support your weight loss goals by reviewing mealtime strategies and incorporating healthy foods into a weight loss plan.

90-minute session, \$35

Thursday, August 10, 7:00-8:30 p.m.

Juniper St, Fairfax

### Weight Loss 101

Now is the time to shed those unwanted pounds. This session will support your weight loss goals by reviewing mealtime strategies and incorporating healthy foods into a weight loss plan.

90-minute session, \$35

Saturday, September 16, 10:00 - 11:00 a.m.

Alexandria Hospital, Alexandria

To register for both events, call **703-204-3366** or go online at [www.inova.com](http://www.inova.com).

# Monthly Support Groups

\* **Amputee Support Group of Northern Virginia.** Meets on the 1<sup>st</sup> Tuesday of the month, 7:30-9:00 p.m., at the Telestar Court Building, 2990 Telestar Ct., Gemini Room, Falls Church. Contact Irvin Axelrod at **703-222-7120** or [asgnva@earthlink.net](mailto:asgnva@earthlink.net).

\* **Fibromyalgia/Arthritis Support Group.** Meets on the 3<sup>rd</sup> Friday of the month, 1:30 p.m., at the Pohick Library, 6450 Sydenstricker Road, Burke. Call Barbara at **703-913-0890**.

\* **Mended Hearts Support Group.** Meets on the 1<sup>st</sup> Saturday of the month, 11:00 a.m., at the Inova Heart & Vascular Institute, Conference Rm. (ground floor), 3300 Gallows Rd., Falls Church. Contact Lydia Leone at **703-978-1397**.

\* **Neuropathy Organization of Northern Virginia.** Meets on the 2<sup>nd</sup> Saturday of the month, 1:30-3:30 p.m., at 2990 Telestar Court, Falls Church. Call Mary Baldrige at **703-491-6690**, or Joanne Holman at **703-998-8143**.

\* **Northern Virginia Post-Polio Support Group.** Meets on the 2<sup>nd</sup> Saturday of the month, 10:30 a.m.-12:00 p.m., at the Mason Government Center, Annandale. Call **703-560-8852**.

\* **Northern Virginia Support Group of the Well Spouse Foundation (WSF).** The WSF supports spousal caregivers for the chronically ill or disabled.

- The evening group meets on the 3<sup>rd</sup> Monday of the month, 7:00-9:00 p.m., in the conference room at Supervisor Bulova's office, 9002 Burke Lake Road, Burke (adjacent to the Kings Park Library). Call **703-425-2430**.

- The daytime group meets on the 3<sup>rd</sup> Monday of the month, 12:00-2:00 p.m. in the conference room of the Kings Park Library, 9002 Burke Lake Road, Burke. Call **703-691-0969**.

\* **Parkinson's Disease Care Partners Support Group.** Meets on the 3<sup>rd</sup> Wednesday of the month, 7:30 p.m., at Dolley Madison Library, 1244 Oak Ridge Avenue, McLean. Call **703-891-0821**.

## Grief Support Groups

\* The **Church of the Nativity**, at 6400 Nativity Lane, Burke, sponsors two grief support groups:

1. General Bereavement Support Group. Meets the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, 7:30-9:00 p.m. Call Carol Mack at **703-455-2400**.

2. Grief Support Group for Men. Meets the 2<sup>nd</sup> Thursday of the month, 7:30-9:00 p.m. Call **703-455-2400, Ext 234**.

\* **Haven of Northern Virginia**, at 4606 Ravensworth Road, Annandale, has two groups:

1. Widow/Widower Support Groups. One group meets on the 1<sup>st</sup> and 3<sup>rd</sup> Thursday of the month, 2:00-3:30 p.m. The other group meets on the 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month, 7:30-9:00 p.m.

2. A Suicide Survivors' Support Group. Meets on the 1<sup>st</sup> Tuesday of the month, 7:30-9:00 p.m. Call **703-941-7000** or go to [www.havenofnova.org](http://www.havenofnova.org).

## Cancer Classes/Support Groups

\* **Life With Cancer**, an Inova Health System Program, offers many free classes and support groups for cancer patients, their families and friends. Call **703-776-2841** or visit [www.lifewithcancer.org](http://www.lifewithcancer.org) to get on the mailing list or for information.

## Caregiver Support Group

\* **Caregiver Support Group.** Meets on the 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month, 1:00-2:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Call **703-451-8631** or [jjclement@earthlink.net](mailto:jjclement@earthlink.net).



# VOLUNTEER OPPORTUNITIES

One of the best ways to spend your time is to volunteer. Everyone benefits from volunteering. The agencies receive the help they need, and the volunteers receive satisfaction from helping others.

The **Fairfax Area Agency on Aging's Volunteer Home Services** program is seeking volunteers in the Annandale, Falls Church, McLean, Reston, and Route 1 areas. Volunteers assist with a variety of services such as grocery shopping, light housekeeping, minor home maintenance, transportation to medical appointments and to errands. Volunteers are on call and help when available. Call the Volunteer Intake Line at **703-324-5406**.

The **Capital Hospice Thrift Shop** in Arlington needs volunteers to help price, sort, and sell high-quality donated clothing, housewares, books, jewelry, and other items. Hours are flexible, Monday through Saturday. Call Michael Murphy at **703-532-5355** or Drew Wynn at **703-531-6225**.

The **Cluster Care** program needs volunteers to provide assistance and companionship to members of the community. Volunteers are needed for tasks such as grocery shopping, small errands, light housekeeping, seasonal yard work, home projects, friendly visits and more. No time commitment is required, and you may volunteer close to your home. Call Trina Mayhan-Webb at **703-324-5184**, or e-mail [trina.mayhan-webb@fairfaxcounty.gov](mailto:trina.mayhan-webb@fairfaxcounty.gov).

The **Department of Family Services** has two volunteer opportunities. The Befriend-A-Child Mentoring program needs volunteer mentors for children. The Befriend-A-Parent program needs volunteers to assist parents with personal needs and skills. A 6-month commitment is required; volunteers spend approximately 4-8 hours/month. Training and coaching are provided. For the child program, call Chuck Berlin at **703-324-7874**, e-mail: [chuck.berlin@fairfaxcounty.gov](mailto:chuck.berlin@fairfaxcounty.gov); or call Ann Rieger at **703-324-7072**, e-mail: [ann.rieger@fairfaxcounty.gov](mailto:ann.rieger@fairfaxcounty.gov). For the parent

program, call Laurie Eytel at **703-324-7871**, e-mail: [leytel@fairfaxcounty.gov](mailto:leytel@fairfaxcounty.gov).

**Fairfax CASA (Court Appointed Special Advocates)** needs volunteers to speak up for abused and neglected children in the Fairfax County court system. Volunteers work to ensure that: court orders are followed, child's and parent's treatment needs are assessed and effectively addressed, and that the child obtains a safe and permanent home. Other duties include writing reports, attending hearings, and visiting children. A 1-year commitment is requested. Training is provided. Call **703-273-3526** or e-mail: [staff@casafairfax.org](mailto:staff@casafairfax.org).

**Inova VNA Home Health** is seeking volunteers to be friendly visitors to lonely, homebound patients. Volunteers spend 1-2 hours per week talking with a patient, running errands, and doing odd jobs. Hours are flexible and training is provided. Call Adele Jenney at **703-916-2882**.

To have a volunteer opportunity considered for this column, please e-mail or fax your submission to **Retha Lockhart** by the first of the month one month in advance.

E-mail: [retha.lockhart@fairfaxcounty.gov](mailto:retha.lockhart@fairfaxcounty.gov)

Fax: **703-324-3583**

Phone: **703-324-5407**



For information on volunteering, call the **Fairfax Area Agency on Aging's Volunteer Intake Line** at **703-324-5406**.



## Fairfax County & SeniorNavigator

YOUR CONNECTION TO VALUABLE HEALTH,  
DISABILITY AND AGING RESOURCES.

Go to [www.fairfaxcounty.gov/seniors](http://www.fairfaxcounty.gov/seniors) and click on **SeniorNavigator**. No computer? Call SeniorNavigator toll free at 1-866-393-0957, TTY 711, to locate the nearest SeniorNavigator Center.

# CAREGIVER'S CORNER

Visit the Web site at [http://www.fairfaxcounty.gov/aaa/caregivers\\_corner\\_nl.htm](http://www.fairfaxcounty.gov/aaa/caregivers_corner_nl.htm).

## Older Adults at Greatest Risk of Falling Injuries

If you are 65 or older, you may be only a step away from becoming a victim of the leading cause of home injury—falls. The Home Safety Council's new study, the *State of Home Safety in America*™ report, found that falls are the leading cause of home injury deaths and nonfatal home-related injuries for the 65-and-older age group. This group experiences an average of 4,700 deaths and an average of 1.5 million nonfatal fall injuries each year.

Across all age groups, falls account for 5.1 million injuries each year. Many falls can be avoided by conducting a home safety inspection to identify and correct potential fall hazards in and around the home. Here's what to look for:

- Make sure all stairs and steps have a secure banister or handrail.
- Make sure all porches, hallways, and stairwells are well lit.
- Use the maximum safe wattage in light fixtures. (Maximum wattage is usually posted inside light fixtures.) Nightlights are useful, especially in bathrooms, kitchens, and hallways.
- Keep stairs, steps, landings, and all floors clear of clutter and obstacles.
- Safely tuck away telephone and electrical cords out of walkways.
- Use a nonslip mat, or install adhesive safety strips or decals in bathtubs and showers.
- Install grab bars in bath and shower stalls.
- Install window guards to prevent children from falling out of windows.
- Keep the floor clean. Promptly clean up grease, water, and other liquids.
- Use nonskid throw rugs.
- Use a sturdy step stool with handrails when climbing is necessary.
- Follow medication dosages carefully. Using multiple medications or using medications incorrectly may lead to dizziness, weakness,

and other side effects that could cause a dangerous fall.

- In homes with children, make sure toys and other items are safely put away when not in use.
- Use safety gates at the top and bottom of stairs if very young children are present.

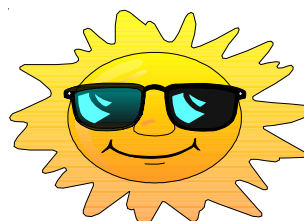
For more information to help keep your family safe in and around your home, please visit the Home Safety Council's Web site at [www.homesafetycouncil.org](http://www.homesafetycouncil.org).

*Source: Permission to use from Melanie Nellis, Brand Resources Group, Atlanta, GA. The Home Safety Council is a 501(c)(3) nonprofit organization dedicated to helping prevent the more than 21 million medical visits on average that occur each year from accidental injuries in the home.*

### Healthy Adults 65 & Older Needed for Research Study

The ARCH Lab at George Mason University, Fairfax campus, needs healthy adults age 65 and older to participate in behavioral studies on memory and attention. Volunteers will be compensated \$15/hour for 3 hours of testing.

Call **703-993-9491** and press 1 for the Genetics Study. Please leave your name, age, and telephone number.





# COMMUNITY CALENDAR

**August 5.** 1:00-4:00 p.m. Pickling Produce. Help prepare vegetables for pickling as the farm wife shows you how she combines salt, water, and homemade vinegar to preserve her summer crops. \$3/adult, \$2/seniors and children. Weather permitting—call ahead. Claude Moore Colonial Farm at Turkey Run, 6310 Georgetown Pike, McLean. **703-442-7557.** [www.1771.org/calendar.htm](http://www.1771.org/calendar.htm).

**August 6.** 12:00-4:00 p.m. Carlyle House Celebrates 253rd Anniversary. Costumed interpreters will recreate a day in the life of the Carlyle family. Carlyle House Historic Park, 121 N. Fairfax St., Alexandria. **703-549-2997.** [www.nvrpa.org/carlyleevents.html](http://www.nvrpa.org/carlyleevents.html).

**August 12.** 8:00-9:00 p.m. Sky Watching and Meteor Showers. Scheduled to coincide with the Perseid meteor shower, this program will discuss planets, moons, and constellations. Bring bug spray, lawn chair or blanket. (Cancelled for rain.) Sully Woodlands, Sully Rd., Chantilly (Rt. 28, ¼ mile north of Rt. 50, 4 miles south of Dulles Toll Rd.) \$5. For reservations, call Cub Run REC Center at **703-817-9407.**

**August 15.** 1:00 p.m. Using Old Court Records to Weave a Family Together. At the meeting of the Mount Vernon Genealogical Society, Sharon Hodges, a graduate of the National Institute for Genealogical Research, will discuss visiting the courthouse, how to use the records, and some details of area courts. Hollin Hall Senior Center, 1500 Shenandoah Rd., Alexandria. **703-360-0920.** <http://www.MVGenealogy.org>.

**August 24.** 7:00 p.m. Auto Repair Database Demo. Find car repair information using library data bases. Reston Regional Public Library, 11925 Bowman Towne Dr., Reston. **703-689-2700.** [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library).

**August 26.** 7:30 p.m. Sully Starlight Cinema—A Drive-In. Enjoy the feature movie, "Men in Black," (1997) on the big screen from the comfort of your car. Free. The parking lot in front of the Trinity Office Building, 5875 Trinity Parkway, Centre-

ville. Call after 6:00 p.m. for information and weather cancellations. **703-324-7469.**

**August 27.** 2:00 p.m. What's a Weed and What's Not? Learn to identify many of our regions most invasive plants on a hike through Meadowlark Gardens. Discussion of control, origin, and ecological impact of invasive species at the regional, national and global levels. Meadowlark Botanical Gardens, 9750 Meadowlark Gardens Ct., Vienna. **703-255-3631.** [www.nvrpa.org/meadowlarkevents.html](http://www.nvrpa.org/meadowlarkevents.html).

**August 30.** 7:30 p.m. Community Celebration of the Arts. Randy Barrett is a songwriter, award-winning vocalist, and a stellar instrumentalist on guitar and banjo. His soulful baritone earned him four Washington Area Music Association awards for Best Male Vocalist in the Bluegrass and Traditional Folk categories. Lee District Park Amphitheater, 6601 Telegraph Rd., Franconia. Call **703-324-7469** after 6:00 p.m. for weather cancellations.



The Beacon

## InfoEXPO

**FREE AT BOTH LOCATIONS!**

**THURSDAY, SEPTEMBER 7**  
**11 a.m. – 3 p.m.**  
 Springfield Mall; Springfield, VA

**SUNDAY, SEPTEMBER 10**  
**Noon – 4 p.m.**  
 White Flint Mall; Rockville, MD

**For exhibitor or sponsor information, call Gordon at 301-949-9766.**

- Informative Exhibits
- Expert Speakers
- Health Screenings
- Giveaways & Door Prizes
- Entertainment